

# LivingWell

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*I believe older Nebraskans...*

Should have enough  
to EAT!



## Changing Direction

page 20



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about aging...**



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# Director's Corner

**I** believe" the cover photo with Scott Young is delightful. Aging Partners' "I Believe Project" is an opportunity for anyone who wishes to create their own statement and be a participant in this campaign. *Living Well* Magazine Editor Zoe Olson is the creative mind behind this. Give her a call at 402-441-6156.

I've given some thought to this campaign, especially as I think about how people introduce themselves to others. So many of us are identified by what we do (or did) for a living. It becomes who we are. When our salaried jobs are done, we have to think of ourselves differently. The NPR car guys say, "in the third half of our show..." Perhaps we need to think of who we are and what we do as chapters or third halves. I have sticky notes that say, "I prefer to think of birthdays as

my 'collected works.'" In this issue of our magazine, Scott Young provides a well-thought-out perspective on how his life is developing.

We've had many wonderful contributions to our "I Believe Older Nebraskans..." campaign. Some are poignant like Scott's, some are funny and clever and all are heartfelt. Most of us believe we do not belong in the "older Nebraskans" group! I would suggest that we all should be grateful to be a part of that group that continues to get older. We all know someone who didn't have that opportunity.

So let's celebrate our age, whatever it is, and get on with life. Make someone else's day a good one; tell that person you love him or her. Call your sister/brother/aunt/parents/children/school friend/best man/

neighbor and tell them you were thinking about them. Thank the store clerk who gives you your change. Make eye contact with your wait staff at the restaurant. Acknowledge others as people, just as you want to be acknowledged. I believe I'll start right now. **Lw**



June Pederson, Director, Aging Partners



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This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of Aging Partners. Contents may be reproduced with credit to the magazine.

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*First service professionals, from left, include Jean Holt, Gladys Cooper, Mary Gross, Sue Kramer, Denise Peterson, Velvet Hoskins and Joyce Kubicek. Not pictured are Joanne Farrell, Barb Straus and Marilyn Henry.*

## Meet Aging Partners First Service Professionals

**W**hether you have questions on aging services, need help with medical bills, have suffered a loss or have legal concerns, Aging Partners' first service professionals are here to help.

When someone calls Aging Partners, the operator who triages the call will likely direct it to one of 10 first service professionals in information assistance and referral.

Their first priority is to listen to the caller describe the problem or concern. Many call without knowing exactly what that problem or concern is, said Sue Kramer, aging specialist and first service professional.

"We take the time to listen and talk to people — to be human in such an automated world — and ask what caused the struggle in their life," she said. "We might have a better picture of their situation than they have themselves. After we assess their issue, we'll ask them what they want to accomplish

and what their goals are. Then we provide them the information they need to take the next step. Our main purpose is to allow people to make their own decisions for their life — what you might call self-directed care."

The first service professionals never make the decision for the caller. They will, however, explain every option available. To help callers make a more informed decision, they often refer them to the many services, benefits and programs Aging Partners and the community offers.

If the first service professionals don't have an immediate answer for a caller's question, they promise to research and follow up with an answer in the next few days. If the first service professional feels the caller may need more ongoing assistance, they may assign a case manager to meet with them and review options through a home or phone visit.

On a typical day, first service professionals receive about 15-20 calls. In addition to older adults and caregivers, they also receive calls from hospitals, assisted living facilities, Medicaid representatives, banks and the Lincoln Police Department. They occasionally help people outside the Aging Partners age bracket, the eight-county area and even the United States.

They also accept walk-ins, although phone calls and appointments are appreciated.

### **There's No One Better to Meet Your Needs**

Callers can trust that Aging Partners' first service professionals know what they're doing. All have bachelor's degrees and many have master's degrees. Several have various social work-related certificates. They often attend aging-related workshops and training in the community.

*Continued on page 5*

# COAHP Sponsors Fan Collection Event

As the summer heat turned up, Lincoln residents helped older adults cool down by donating fans on June 27 during “Be a Fan of Seniors.”

The Coalition for Older Adult Health Promotions (COAHP) hosted the event at the Aging Partners Northeast Senior Center at 6310 Platte Ave.


COAHP treasurer Cindy Pelan, who organized the event, appreciated the community’s willingness to donate.

“The event was a nice way for different health care representatives in the community to pull together for the older adult population, which is what COAHP is all about,” she said.

More than 70 fans and \$110 in cash donations were collected.

COAHP delivered the fans to Aging Partners, which distributed them to older adults in Lincoln and the surrounding area.

Surprisingly, many older adults brave the hot months without air conditioning or fans. However, those age 65 and older are more susceptible to heat stress, as they do not adjust as easily to sudden changes in temperature. Additionally, they are more likely to have a chronic medical condition that may be exacerbated by higher temperatures and humidity.

A nonprofit organization, COAHP is comprised of several local businesses working together to educate and identify the needs of older adults in southeast Nebraska. 



Al Neemann of Aging Partners donates a fan received by Cindy Pelan, event organizer from Gentiva. Photo by Zoe Olson.



Aging Partners welcomes fan donations June 27 during “Be a Fan of Seniors.” Photo by Zoe Olson.

Be a **FAN** of Seniors

Please Donate a fan to seniors who need to stay cool!

All the fans collected will be donated to Aging Partners for distribution to older adults in Lincoln and the surrounding area.

Did you know

Elderly people over the age of 65 are more prone to heat stress than younger people and they do not adjust as easily to sudden changes in temperature. Heat stroke is the most serious heat-related illness for the elderly.

**DROP OFF YOUR FAN AT THIS LOCATION:**  
Thursday, June 27 from 3-5 pm  
Aging Partners Northeast Senior Center  
6310 Platte Ave.



## Meet Aging Partners First Service Professionals

*Continued from page 4*

Combined, the nine employees have more than 100 years of experience. In addition to school-taught experience, most have real-life experience, having gone through similar situations with their aging grandparents and parents.

“Many people may have book knowledge, but we have wisdom that comes from experience,” said

Gladys Cooper, aging specialist IV and first service professional.

One thing’s certain — Aging Partners’ first service professionals love what they do.

“We all have a passion for older adults or we wouldn’t work here,” Cooper said. “I get a great deal of satisfaction helping older adults achieve their goals in living a good and happy life, and I enjoy assisting

caregivers so their mom and dad can be more comfortable in their later years. That’s the real key to success for our agency — we value the individual and what situation they’re going through. We want to do the best we can to help them better their situation. That’s why we love coming to work every day.”

To reach an Aging Partners first-service professional call 402-441-7070. 



# Brain Matters

Every body part ages as a person grows older, and the brain is no exception. Older adults who attended the Brain Matters Health Fair Sept. 24 learned measures they can take to increase their brain health during the aging process.

The free health fair at Southeast Community College's Continuing Education Center taught attendees how the mind, body and spirit all play a role in brain health.

The event included a variety of vendors offering hands-on experience for attendees on an array of fun and creative activities that promote brain wellness.

The true highlights of the event were the brain health presentations given by Lincoln's local health experts.

## **"Keeping Our Brains Healthy," by Richard Dienstbier, Ph.D.**

Dienstbier kicked off the presentations by explaining the various approaches people use to keep their brains healthy as they age and experience stress.

Attendees learned how stress and aging affects the brain. When stress hormones cross the blood-brain barrier, it causes the part of the brain that controls memory to deteriorate and can cause high function decline.



*Richard Dienstbier,  
Ph.D.*

"Stress can make you pretty stupid if sustained for a long period of time and at an extreme level," Dienstbier said.

However, the damage stress hormones cause can be prevented and even reversed through physical and mental activity. The chemicals these activities produce cross over the blood-brain barrier and stimulate growth.

Perhaps the most surprising fact attendees learned was that research shows physical exercise is more potent in rebuilding the brain than mental exercise and meditation.

Dienstbier received his bachelor's degree in psychology from the University of Rhode Island and his Ph.D. in social psychology from the University of Rochester. He spent his entire professional career teaching in the University of Nebraska-Lincoln's Psychology Department and is now a professor emeritus. While at UNL, he was the series editor of the Nebraska Symposium on Motivation, head of the Ph.D. program in social personality and Psychology Department chair eight years.

## **"Nourish Your Noggin: Eat a Brain Healthy Diet," by Alice Henneman, MS, RD**

Living in a world where a new diet is introduced every day, choosing the right one for you can be a confusing task.



*Alice Henneman, MS,  
RD*

Henneman suggests older adults stick with a brain-healthy Mediterranean-style diet.

"What I like about this diet is that its advocated across the board for many reasons," she said.

Fats are a central element in this diet, Henneman explained. Many believe the myth that all fats are bad, but research now shows eating healthier fats can be beneficial. Attendees learned how to identify the healthier fats and the best ways to fit these foods into their diets.

Nuts, although high in calories, contain healthy fats, plus they contribute to a feeling of satiety or fullness that helps with weight control. Henneman recommended people eat about 1/4 cup of nuts a day. However, she warned, this food should not be added to, but substituted into their diet.

When cooking with oil, she said older adults should include olive oil among their fat choices. When possible, chose extra virgin olive oil because it is less processed than pure olive oil and may offer more health benefits.

Above all, Henneman's message was to substitute and modify. Adjust your diet to include healthier foods. However, just because something is healthy doesn't mean people should eat as much of it as they want, she warned.

She has a bachelor's degree in home economics education and a Master of Science in nutrition from UNL and is a registered dietitian. Currently, she is a UNL extension educator and member of the American Dietetic Association, Food & Culinary Professionals and Society for Nutrition Education.

## **"Brain Training 101," by Wes Sime, Ph.D.**

During Sime's presentation, attendees learned the essentials of cognitive function and working memory in the context of enhancing performance while finding ultimate satisfaction.

The popular phrase "use it or lose it" holds true for the brain, he explained. If people don't engage in challenging mental tasks, the brain will atrophy in the same way that the body loses strength and stamina in outer space due to a lack of gravitational pull.

The brain is inherently lazy, Sime said. There's a tendency to "space off" and not pay attention without inspiration or challenging demands. The more people create exciting and demanding expectations of mental performance, the greater their focus, concentration and stamina will be.



*Wes Sime, Ph.D.*

He explained that emotions are the spice of life for the brain and mental fitness. Laughter should be encouraged. Even tears of joy or sadness are critical insulators to protect the brain from major and minor traumas. Justifiable anger is a healthy outlet when appropriate. He encouraged attendees to embrace these emotions for a long and healthy experience with family and friends.

Sime was a professor emeritus from the University of Nebraska-Lincoln's Health and Human Performance department prior to the department's merger with Nutritional Science and Dietetics. He currently is a health psychologist and performance coach who uses neurofeedback and sport psychology principles to support the success of many who strive to overcome tragedy and exceed expectations of their greatest dreams.


## **"Changes, Challenges and Chuckles," by Sharon Cheney, RN, MA**

When circumstances change, people's perceptions of that event determines how the challenge is met, Cheney shared during her presentation.

Attendees learned how to view change and take care of themselves during the transition phase, which may be stressful. Healthy eating and physical activity are two of the many actions Cheney recommends older adults take during changes and challenges. Talking positively about and to oneself is essential during difficult times, as is finding the humor in life.

She said many are in awe of other's strength and resilience, thinking they could never persevere through tough situations like they do.

"We're all strong, but you may be strong in a different way than another person," Cheney said.

She is a retired registered nurse with a Master of Arts degree in adult and continuing education. She also completed some postgraduate work in gerontology. She has presented to thousands of people on topics dealing with attitude and reaction to change, stress, time usage and other challenges. Cheney also is a humorist who believes laughter, self-management and a positive attitude are essential for people to live the life they want to lead. 



*Sharon Cheney, RN, MA*



# Orchard Park

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# Carving an Exciting Hobby

**W**hat once was used for shelter and fuel has evolved into the medium for one of the most creative art forms around — wood carving.

Instead of a blank canvas, woodcarvers begin with a unique piece of wood — its color, shape and character inspiring the final outcome.

Woodcarving attracts people because of its infinite possibilities, not only in inspiration, but also in wood, technique and tools.

“The infinite creativity of man is evident in the hobby of woodcarving,” said Chuck Bills, six-year woodcarving veteran and president of Capitol City Carvers. “It’s unique in that it requires humans to manipulate the environment using their own hands and imagination to make something original.”

## A Hobby for Everyone

Woodcarving is a multigenerational hobby comprised of artists with varying levels of skill. The hobby is ideal for those who have worked with their hands before, but experience is not required. Patience in oneself is another recommended quality of any prospective woodcarver.

Although the beginning techniques of woodcarving are not particularly difficult, Bills advises newcomers to join a club, take a class or choose a mentor.

“You don’t want to start out on your own,” he said. “You’re dealing with instruments that can disable you if you don’t know what you’re doing. Be with people who know what they’re doing, then learn to become independent from them.”

The basic tools needed to get started are a carving knife, gouge, chisel, V-tool, veiner, sharpening equipment, carving glove and coping saw. Rounded objects, such as mushrooms and boots, are best for beginners.

Once new carvers have mastered the easier objects, they can draw inspiration from anywhere: magazines, wildlife or travel. Even those who don’t consider themselves artists, such as Joe Schneider, a 10-year woodcarver and Capitol City Carvers member, might not be able to imagine something from nothing, but can recreate a woodcarving masterpiece from the images they see.

“A real artist can take a block of wood and make something, but I can’t do that,” he said. “I’m



*The Capitol City Carvers show off their favorite carvings.*



a gearhead, so I can reproduce something; that's still fun."

Basswood is the best wood for beginners because of its medium density or hardness. This wood comes from linden trees, which grow in Lincoln and throughout North America. Most wood has to be purchased, but basswood often can be found in the backyard. As beginners hone their skills, they advance to other medium weight woods such as butternut. Eventually, experienced woodcarvers can tackle hardwoods such as walnut and bark.

"Woodcarvers become hoarders of wood," Bills said. "We're always collecting wood we find because we know we can do something with it."

Projects can range in length from minutes to months.

Most importantly, a good woodcarver never stops learning. Once they've mastered one technique, taking a class or shadowing someone who has a new skill set can help them grow as an artist, which keeps the hobby interesting.



*Frank Wolf carves a Native American bust out of cottonwood bark.*

### About Capitol City Carvers

Lincoln's woodcarving club, the Capitol City Carvers was founded in May 1975 by 19 people with a mutual interest in carving wood and collecting woodcarvings. Today, the club has about 50 members. Many learned woodcarving by joining the club. Members range in age from mid-20s to mid-90s, but the majority of participants are between 50 and 70.

Members meet Wednesdays from 6:30 to 8:30 p.m. at Mickle Middle School during the school year and carve in the Industrial Technology Room. Carving night activities include classes that may last weeks or sessions that typically last from one to three weeks.



*Richard Duba carves a tree spirit for a friend.*


Classes and sessions are voluntary. Many choose to come and carve on their own projects while enjoying the camaraderie of fellow carvers.

The club serves two purposes: to bond with other local carvers and teach the skill to new ones.

Capitol City Carvers is active in the community and does various charitable events throughout the year. They've conducted shows at Lincoln retirement homes, donated handcrafted woodcarvings to be sold in auctions to raise money for local organizations and provided financial support for its members to attend carving classes of national repute.

Those interested in learning woodcarving are invited to attend a carving night. They need not purchase tools, as tools will be provided.

"We're active and serious about teaching our craft," Bills said. "For the experienced carvers, it's an opportunity to have a hobby and do something for a good cause simultaneously. If someone wants to learn to carve, all they need to do is take the initiative to come."

Watch this episode of Live & Learn on Time Warner Cable 5 City-TV video-on-demand at [www.lincoln.ne.gov.aspx/city/vod.aspx?vod=Live%20and%20Learn/live\\_april.mov](http://www.lincoln.ne.gov.aspx/city/vod.aspx?vod=Live%20and%20Learn/live_april.mov) or on YouTube at <http://youtu.be/ROMe2CXVi6A>. 



*From left, Bud Nelson mentors Barry Daffer at a Capitol City Carvers' Carving Night.*

## Beware Scams Targeting Older Adults

**Y**ou received an email saying you've won a free cruise. You've met a nice man or woman online, but they need money to come see you. Your grandson just emailed saying he's in trouble overseas and needs to be wired money immediately. You check your answering machine and hear you've been selected to receive a free Lifeline system.

More than 30 million consumers are defrauded each year through scams like these.

Although people of all ages fall prey to these swindlers, most fraud victims are older adults. AARP reported adults 65 and older, 1/8 of the U.S. population, account for 1/3 of all scam victims.

Surprisingly, most older adult victims are not isolated, shy or frail. They're often happy, social, articulate, educated individuals with a nice home and family that loves them, said Cindy Koenig-Warnke, investigator for the Lincoln Police Department's Technical Investigations Unit. She collaborates with Aging Partners to prevent scams against older adults.

Older adults often succumb to schemes because it's sometimes difficult for them to determine if someone is legitimate. They get worn down by the scammers and often truly want to believe.

Popular scams today range from counterfeit prescription drugs to homeowner/reverse mortgage scams. Some of the more popular and frightening scares in the Lincoln area are the grandparent scam, sweetheart swindles and emergency response system scam.

### Grandparent Scam

This scam has gained momentum in recent years. In this case, the victim receives an email or phone call from someone claiming to be their grandchild who says he or she is in an emergency and needs money wired immediately. The scammer begs the older adult not to tell anyone so he or she doesn't get in trouble.

These scammers obtain victims information from marketing lists, telephone lists, social networking sites, obituaries and other sources.

If the scam takes place over the phone, the scammer typically calls late at night, taking advantage of the fact the victim may not be awake enough to ask questions.

Older adults can prevent this scam by contacting relatives to confirm the information before sending money and asking questions that would be hard for an impostor to answer correctly.

### Sweetheart Swindle

Older adults who recently lost a loved one, especially a spouse, are likely to turn to online dating for solace.

Without exercising caution, they may fall prey to a scammer.

When a romantic tie is made with someone online, the scammer says he or she is in an emergency and need money to help pay for medical bills, take care of their grandmother or a similar story. Once the victim wires money, the scammer continues to ask for more money and eventually cuts ties with the victim.

The best way to avoid this scam is to never wire money to a stranger, no matter how trusting or desperate they seem.

### Emergency Response System Scam

The Better Business Bureau reported that someone claiming to be from an ERS company, such as Lifeline or Life Alert, is calling older adults saying a pre-paid medical alert system is ready for them. All they require is the victim's permission to ship it to them. The impostor will ask for a credit or debit card number and a Medicare number.

Many victims assume their loved ones purchased the system for them as a surprise gift. Others can't afford an ERS and are too blinded by their need for the system to realize it's a scam.

Know that Medicare, Medicaid and most insurance companies typically don't pay for this equipment. If someone claims it's free, don't believe them and do not give them your personal information.

### Protect Yourself

Scammers aren't people just trying to make a living. They're hardened criminals out to take your life savings. They are talented deviants.

Older adults can protect themselves from victimization by being aware of the following warning signs of scammers:

- You're promised you can win, make or borrow money easily.
- You are forced to act immediately or miss out on the opportunity.
- Someone asks you to wire money or have a courier pick up your payment.
- You're asked to give your credit card number, bank account information or Medicaid number.



- A “repair person” suddenly finds a dangerous defect in your car or home.
- Someone tries to scare you into purchasing credit protection plans.
- You are not given time to read a contract.
- You are asked to keep your conversation a secret.

To reduce the number of unwanted sales calls and mailing you receive:

- Don’t fill out contest entry forms at fairs or malls because they’re a common source of leads for con artists.
- Know with whom you are dealing. If it’s an unfamiliar company or charity, check it with the Better Business Bureau.

## Fraud Addiction

Since Koenig-Warnke and Joanne Farrell, Aging Partners aging program coordinator and social worker, teamed to protect Lincoln seniors from scams, they discovered most older adult victims rarely are scammed just once.

For example, a scam may begin with a free prize. The victim must give their bank account information or make a small one-time payment to claim the prize. It could continue when the scammer tells the victim the FBI agent delivering their prize was kidnapped, and they must pay the ransom to get the winnings. Next, the victim may be sent fake checks they’re told to cash or asked to wire money.

In some cases, this is only the beginning. By this point, the

victimization has become a habit much like an addiction, Koenig-Warnke said.

“They become controlled by these scammers,” she said. “The relationship continues and spirals out of control. Most don’t realize that they’re being scammed; they think it’s real.”

Most older adults who habitually give in to scams have some kind of cognitive impairment that affects their ability to determine what is fake and what is reality, Farrell said. It can be so slight and unnoticeable that even family members don’t realize something is wrong until it’s too late.

In these cases, intervention is necessary to eliminate victimization. The post office may need to stop sending their mail. Their phone number may need to be changed. Their access to wiring money may need to be cut off.

Despite these measures, family support is key.

“Some families aren’t receptive when we approach them about their loved one’s behavior,” Koenig-Warnke said. “They think it’s their loved ones’ business or they don’t believe they will continue it because they function well every day. Then we get a call from them a year later begging for help because their loved one has no more money.”

Simply telling a loved one not to be involved in a scam isn’t enough. They may continue to hide their behavior.

Instead, watch out for secretive behavior on the computer, phone calls from


For a list of other scams that target older adults and how you can protect yourself and your loved ones from victimization, visit [www.ncoa.org/enhance-economic-security/economic-security-Initiative/savvy-saving-seniors/top-10-scams-targeting.html](http://www.ncoa.org/enhance-economic-security/economic-security-Initiative/savvy-saving-seniors/top-10-scams-targeting.html).

strangers, mailings requesting money and other suspicious material. Most importantly, talk to them about their finances.

“It can be an uncomfortable conversation to have because it’s role reversal,” Koenig-Warnke said. “Children are used to getting guidance from their parents, and now they have to guide them. If they don’t talk about it, their loved one may be sending large sums of money to strangers without their caregivers’ knowledge.”

## Report Scams

If you or a loved one in the Lincoln area have been scammed, contact the Lincoln Police Department immediately at 402-441-6000. If you live outside Lincoln, contact your local law enforcement office. File a complaint with the Federal Trade Commission and report scams to the Nebraska attorney general. If you receive unsolicited email offers or spam, send the messages to [spam@uce.gov](mailto:spam@uce.gov).

“By reporting the incident, you are holding the scammer accountable for their crimes and ensuring they don’t do it to someone else,” said Koenig-Warnke. “Protect yourself and others in the community.” 

## Sleep Disorders in Older Adults

**W**aking up every morning feeling unrefreshed after seven to eight hours of sleep is not normal.

Are you surprised? It's true!

Many Americans assume feeling constantly sleepy is normal because they've always felt that way. However, waking up unrefreshed is actually a sign of a sleep disruption.

WebMD.com reports that half of older adults above age 60 report regular sleep problems. Some of these issues are caused by smoking, drinking alcohol or caffeine, vigorous exercise or eating a large meal before bed, psychological stress and environmental factors such as lights and sound. Others are caused by medical conditions or medications.

However, many sleep problems are the result of one of more than 70 chronic sleep disorders, said Dr. Kevin Reichmuth, a pulmonologist at Nebraska Pulmonary Specialties LLC in Lincoln.

The following are some of the most common sleep disorders among older adults.

### Sleep Apnea

About 20 percent of those above age 60 experience sleep apnea, a disorder involving one or more pauses in breathing or shallow breaths during sleep. These pauses can range from seconds to minutes and can occur as frequently as 30 times every hour. The person typically resumes breathing with a loud snort or choking sound. As a result, the



*Live & Learn Host Delores Lintel interviews Dr. Keith Reichmuth, local pulmonologist, about common sleep disorders experienced by older adults.*

person often moves out of deep sleep into light sleep.

This condition most often is caused by an airway obstruction where the muscles that keep the airway open relax. Central sleep apnea is less common and is caused when the brain doesn't communicate with the lungs to breathe.

Sleep apnea often goes undetected. Bed partners are more likely to notice the symptoms of sleep apnea than the affected person. Symptoms include waking up frequently at night, tiredness during the day, insomnia and snoring. However, not everyone who snores has sleep apnea.

If left untreated, this disorder can impact other areas of the body, especially the cardiovascular system, and can cause conditions such as diabetes and depression.

Recent studies during the past two years have shown women above age 70 with untreated sleep apnea have a higher risk of developing dementia.

The disorder can be treated through various forms of therapy and surgery.

### Insomnia

Another common sleep disorder among older adults is insomnia — having difficulty falling or staying asleep. The National Sleep Foundation reports that about 70 million people suffer from this disorder.

The condition can either be acute, lasting only days, or chronic, lasting several months or years. Symptoms include waking up frequently at night, waking up early in the morning, daytime sleepiness, difficulty concentrating and irritability.



Significant life stress, illness, some medications and environmental factors such as noise or light can cause insomnia. Reichmuth said this condition sometimes can be a symptom of an underlying medical condition, including sleep apnea.

The largest contributor to insomnia is stress. Drinking warm milk, taking a hot bath or meditating before bed can relax the body and help people fall asleep faster.

### **Restless Legs Syndrome**

The National Institute of Neurological Disorders and Stroke reports about 10 percent of the U.S. population suffer from Restless Legs Syndrome, otherwise known as RLS. Many afflicted with the disorder are older adults, Reichmuth said.

RLS is a neurologic sensorimotor disorder that involves an uncomfortable pain, ache or tingly feeling in the legs while resting. Although the feeling is most commonly felt in the legs, it can affect the arms, face or torso. People with RLS relieve the feeling by moving or applying pressure to the affected area. The feeling may be present throughout the day, but it is most severely felt at night.

“Some might think they have it because they kick their legs at night or toss and turn,” Reichmuth said. “Most people experience that, but it doesn’t mean they have RLS.”

Recent research suggests RLS may have a genetic component because it tends to run in families. It also can be associated with iron deficiency and certain medications.

Although there is no cure for the disorder, medications, including one similar to that used in treating Parkinson’s disease, can alleviate symptoms.

### **REM Sleep Behavior Disorder**

There are three stages of sleep: wakefulness, rapid eye movement (REM) sleep and non-rapid eye movement (NREM) sleep. REM sleep is the stage where dreams occur. Those with REM sleep behavior disorder do not experience temporary muscle paralysis, as is typical during REM sleep. As a result, they act out their dramatic or violent dreams, which may involve yelling, punching, kicking, grabbing, jumping up and more.

This disorder is most common in middle-aged men, according to WebMD.com. Although experts don’t know what causes REM sleep behavior disorder, they’ve discovered it is linked to degenerative neurological conditions such as Parkinson’s disease.


Medications including tranquilizers, clonazepam and melatonin can treat the condition. People with the disorder also may need to make changes to their sleep environment to make it safer.



### **How am I Diagnosed for a Sleep Disorder?**

In many cases, these disorders can be managed after proper diagnosis through a sleep study. In these studies, patients are assigned to a private room where they sleep while connected to monitors that examine brain waves, breathing and leg activity. The experience is painless and typically never uncomfortable.

Medicare and Medicaid covers sleep studies performed at sleep disorder centers affiliated with a hospital as long as the patient has been referred to the clinic by their attending physician and the need for diagnostic testing is confirmed by medical evidence.

The Live & Learn interview with Dr. Kevin Reichmuth can be viewed on 5 CITY-TV video-on-demand at [www.lincoln.ne.gov.aspx/city/vod.aspx?vod=Live%20and%20Learn/livelearnSEPT2013.mov](http://www.lincoln.ne.gov.aspx/city/vod.aspx?vod=Live%20and%20Learn/livelearnSEPT2013.mov). 

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# Medicare Part D Open Enrollment

By Houston Doan, Aging Partners financial and insurance counselor

**E**very year you have the opportunity to switch your Medicare-approved Prescription Drug Plan.

Each year you can take part in open enrollment from Oct. 15 through Dec. 7 to identify and sign up for the plan that best fits your prescription drug needs. New prescription drug plans selected during open enrollment go into effect Jan. 1.

This year, there is good news for people enrolled in prescription drug plans that have a deductible. Your deductible is going down. That's right — finally something that will go down in the new year. Next year the standard deductible will reduce from \$325 to \$310.

Also, your initial coverage limit decreases from \$2,970 to \$2,850 this year. Initial coverage means you pay about 25 percent of the drug cost and the plan pays the remaining 75 percent. Your coverage gap, also referred to as the donut hole, will begin at \$2,850 and end at \$455 in total drug costs for 2014.

In 2014, Part D enrollees will continue to receive a 52.5 percent discount on brand name drugs while in the donut hole. Also in 2014, 50 percent of the cost of brand name drugs will count toward your defined True Out-of-Pocket Costs as part of the catastrophic coverage benefit. The additional 2.5 percent paid by your Medicare Part D plan will not count toward your True Out-of-Pocket Costs. In 2014, enrollees will pay a maximum of 72 percent co-pay on generic drugs while in the coverage gap.

The minimum cost-sharing in the catastrophic coverage portion of the Part D benefit will increase to 5 percent or \$2.55 — whichever amount is greater — for any generic or preferred drug that is a multi-source drug and 5 percent or \$6.35 — whichever amount is greater — for all other drugs.


Part D enrollees again have the Special Enrollment Period (SEP) to switch to a five-star Medicare Advantage Plan and/or drug plan. The SEP will allow individuals to switch any time during the year to a different Advantage Plan or drug plan that is a five-star rated plan by Medicare. This SEP opportunity is great for individuals who during the year experience a significant change in their prescriptions that are not covered under their existing drug plan.

I anticipate a 2 to 4 percent increase in prescription drug plan premiums for 2014; however, new premium

rates usually are announced about the first week in October.

Aging Partners offers individual help for people looking for the right Medicare Part D plan. In years past, our counselors have found savings of up to \$300 per year if an individual had not investigated switching their drug plan in previous years. Our qualified counselors use the Medicare website during one-on-one meetings with enrollees to determine the best prescription drug plan to fit their individual needs.

For more information about choosing your new prescription drug plan or to set up a one-on-one Medicare Part D counseling appointment, please call 402-441-7070. All appointments are held at Aging Partners, 1005 O St., Lincoln. Please bring a list of your medications, Medicare card and current coverage to the appointment.

Additional information can be found on Live & Learn. Visit [www.lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm](http://www.lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm) for program guides and Video on Demand and on Live & Learn's YouTube channel at [www.youtube.com/user/aginglivelearn?feature=mhee](http://www.youtube.com/user/aginglivelearn?feature=mhee). 



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## Fall Into Healthy Eating Habits This Autumn

**A**utumn is upon us, and we all love the rich color changes, warm scents and comforting foods that come with this time of year.

Sometimes with the ending of summer, we feel like our healthy food choice options die off with our gardens and the closing of local farmers' markets. However, it's important to realize autumn foods such as soups, stews, breads, sweet potatoes, squash, apples, pumpkins, nuts and all types of greens actually can be just as healthy as the options you find during the spring and summer seasons. They are packed with great nutrients, such as fiber, protein, beta carotene and vitamin C.

### September Is:

#### National Breakfast Month

Remember the saying, "Breakfast is the most important meal of the day?" It's true.

Older adults may have a difficult time consuming adequate nutrition due to decreased absorption efficiency or decreased appetite. Therefore, seniors are at an increased risk for malnutrition. Breakfast is an important meal to bridge the long gap between the nighttime meal and the next day, and prevents the risk of malnutrition. A healthy breakfast can make a significant difference in our overall health and well-being. It provides the jump-start needed to start our day energized. Research shows those who enjoy a healthy breakfast have an easier time maintaining a healthy weight and have overall better health.

What are other September food celebrations?

- National Biscuit Month
- National Bourbon Heritage Month

- California Wine Month
- National Chicken Month
- National Honey Month
- National Mushroom Month
- National Organic Harvest Month
- National Papaya Month
- National Potato Month
- National Rice Month
- Whole Grains Month

### October Is:

#### National Apple Month

An apple a day keeps the doctor away. One medium-sized apple contains about 4 grams of fiber. Some of that is in the form of pectin, a type of soluble fiber that has been linked to lower levels of LDL, or "bad" cholesterol, because it blocks cholesterol absorption.

Also apple skins — as well as tomatoes and onions — are loaded full of antioxidants, which have been shown to improve lung function and heart health, and may help lower your risk of infections and some forms of cancer. Also a 2012 study published in the American Journal of Clinical Nutrition found that apples, as well as pears and blueberries, were linked with a lower risk of developing type 2 diabetes because of their antioxidants.

Apples would make a healthy, yummy alternative treat to distribute for Halloween instead of sugary candies and sweets.

What are other October food celebrations?

- Eat Country Ham Month
- Fair Trade Month
- National Applejack Month
- National Caramel Month
- National Chili Month
- National Cookie Month
- National Dessert Month
- National Pasta Month

- National Pickled Peppers Month
- National Pizza Festival Month
- National Pork Month
- National Pretzel Month
- National Seafood Month
- Vegetarian Awareness Month

### November Is:

#### Good Nutrition Month

Thanksgiving is the biggest food holiday celebrated in the United States, however it also is considered "Good Nutrition" month. It's a great month to boost your own efforts to eat healthier and try new nutritious recipes. This Thanksgiving, try healthier food alternatives such as swapping heavy mashed potatoes for butternut squash or maybe whole grain rolls instead of white dinner rolls.

A well-nourished body will give you the energy needed for everyday activities and improve your overall health. Eating an adequate amount of fruits, vegetables, whole grains, proteins, dairy and fats each day will keep your body healthy while enjoying your favorite not-so-healthy foods in moderation.

This month, take a look at what you are eating every day. Using MyPlate as a guide, identify the food groups where you are doing well and those where you could improve. Identify a few changes to make, and stick to it. A little effort can go a long way to improving your health — resulting in a healthier, happier life.

What are other fun November food holidays?

- Georgia Pecan Month
- Peanut Butter Month
- National Pepper Month
- National Pomegranate Month
- Raisin Bread Month
- Vegan Month 



# Probiotics — The New Buzzword

Often times we hear about trend foods in the news or in daily conversations. Probiotics and how they're beneficial to diets has been a popular topic. But what are probiotics and what do they do?

Probiotics are live bacteria that help keep our intestines in balance. The average human digestive tract has about 400 types of probiotic bacteria that reduce the growth of harmful bacteria and promote a healthy digestive system. Probiotics are believed to promote a healthy immune system as well as ease common digestive problems such as diarrhea, urinary tract infections and yeast infections. They also are linked to easing eczema, muscle pain and fatigue.

## Prebiotics vs. Probiotics

Although probiotic foods contain live bacteria, prebiotic

foods feed the good bacteria already living in the digestive system. You can find prebiotics in foods such as asparagus, Jerusalem artichokes, bananas, oatmeal, red wine, honey, maple syrup and legumes. Consider eating prebiotic foods on their own or with probiotic foods to perhaps give the probiotics a boost.

Here is a peek at some of the most popular known probiotic foods. With fall around the corner it might be nice to take an extra look at pickled foods. Often times leftover garden goodies are pickled for the winter, and it turns out they contain probiotics! They are just one of the fun, tasty ways to include probiotics into your diet.

## Milk with Probiotics

One of the easiest ways to get probiotics in your diet is by adding acidophilus milk. This is simply milk that has been fermented with bacteria. Sometimes it's labeled sweet acidophilus milk. Also, buttermilk is rich in probiotics.

## Yogurt

Yogurt is the most familiar source of probiotics used to keep

a healthy balance in your gut. Studies suggest probiotics can help ease lactose intolerance. They also may help tame gas, diarrhea and other digestive problems. Look for yogurt brands with "live and active cultures" listed when shopping.

## Sauerkraut

Turns out sauerkraut isn't just a tasty condiment — it's also a great source for probiotics. Choose unpasteurized sauerkraut because pasteurization kills the helpful bacteria. Sauerkraut — and the similar but spicy Korean dish kimchi — also is loaded with vitamins that may help ward off infection.

## Pickles

Believe it or not, pickles are an excellent food source of probiotics. When looking to pickles for probiotics, opt for naturally fermented varieties where vinegar wasn't used in the pickling process. A sea salt and water solution encourages the growth of helpful bacteria and may give sour pickles some digestive benefits. Horseradish also falls into this category.

*Continued on page 18*



## Yogurt Parfait

### Ingredients:

- 2 cups low-fat vanilla yogurt
- 1 cup granola
- 1 cup fresh or frozen fruit of your choice (sliced banana, berries or canned sugar-free fruit)

### Directions:

In a large glass, layer 1 cup yogurt, ½ cup granola and ½ cup fruit. Repeat layers. Enjoy!

## Probiotics — the new buzzword

*Continued from page 17*

### Soft Cheeses

Although potentially good for your digestion, not all probiotics can survive the journey through your gastrointestinal tract. However, soft cheeses, like Gouda and goat cheese, manage to survive the digestion track. In addition, cheese may act as a carrier for probiotics, which may boost the immune system.



### Kefir

Kefir is a thick, creamy and tangy-like yogurt drink. Kefir has its own strains of probiotic bacteria and a few helpful yeast varieties. It can be found in the cooler section at the grocery store next to the milks and coffee creamers. It also comes in a variety of flavors.

### Sourdough Bread

The next time you make a sandwich, try using sourdough bread. This style of bread contains lactobacilli, a probiotic that may benefit digestion.

### Fermented Soy


Fermented soybean paste is a great non-dairy probiotic source. It can be found in foods such as miso soup. It also is found in some salad dressings.

Tempeh is a great source of probiotics. It is made out of fermented soybeans. This Indonesian patty produces a type of natural antibiotic that fights certain bacteria. In addition, tempeh is high in protein. Its flavor often has been described as smoky, nutty and similar to a mushroom. Tempeh can be used in meals in place of meat.

There is no set amount of probiotics that we should be consuming daily to receive their entire health benefits. However, it is suggested that regular, long-term use is needed to keep healthy bacteria in your digestive system. Keep in mind that the positive effects of probiotics vary from person to person. Individuals who do not consume foods with probiotics can still have a healthy digestive system by following a healthy diet. As the saying goes, “everything in moderation.”

Possible probiotic foods to add to your diet:

1. Yogurt
2. Sauerkraut
3. Kefir
4. Pickles
5. Tempeh
6. Kimchi
7. Sour Cream
8. Soft Cheeses
9. Buttermilk

A great source of probiotic can be found in a yogurt parfait. This parfait also includes each food group for healthy eating: whole grains, fruit, protein and dairy. 

### Probiotic Pickles

*Recipe courtesy of [www.creativesimplelife.com](http://www.creativesimplelife.com)*

#### Ingredients

5-8 pickling cucumbers or 4-5 regular cucumbers (the smaller the better)  
1 quart purified water

2 tablespoons sea salt for half sours (Use 3 tablespoons for full sours)  
1 tablespoon pickling spice  
3-5 oak, horseradish, or grape leaves (optional)


#### Instructions

1. Soak the cucumber in ice water for an hour to perk them up. Trim the flower end by 1/8 inch to prevent bitterness.
2. Place leaves (if using) and pickling spice in the bottom of a half-gallon mason jar.
3. Pack in the cucumbers strategically for as tight of a fit as possible.
4. Dissolve the salt in a quart of purified water and pour it over the cucumbers. This should be just enough to cover them. If not, mix a bit more brine using the same ratio.
5. Cover loosely with a plastic lid or a kitchen towel and leave sitting on the counter three to seven days. When the cucumbers are pickled to your liking, refrigerate and enjoy!



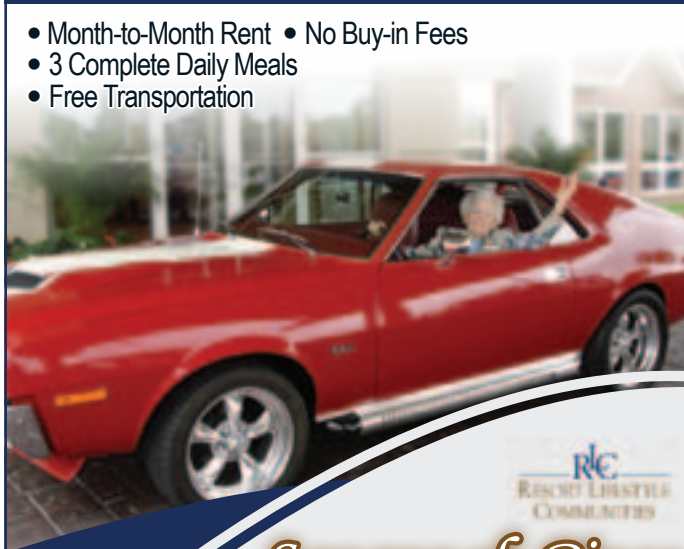
Photo courtesy of Donna Barrett

## Thanks For Giving

**A**ging Partners Director June Pederson, center, accepts a generous donation from Walgreens store No. 515, located at 70th and Van Dorn streets. Head Photo Specialist Angela Storm, left, led a bake sale at the store with all proceeds presented to the agency. She and Store Manager Steven Phillips, right, presented the \$323.58 donation to Aging Partners June 19. This store also participated in Aging Partners' recent "Age Strong! Live Long! Walk On!" event. Thank you, Walgreens store No. 515! 

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# Changing Direction

by Zoe Olson

**S**cott Young, executive director of the Food Bank of Lincoln, is no stranger to changing direction — in fact, he's embraced change and new direction all his life.

A Lincoln native, Young attended a few semesters at the University of Nebraska-Lincoln and Nebraska Wesleyan University.

"I knew that college was not for me," he said.

While participating in a melodrama/comedy group in Lincoln and looking for direction, Young walked into KFOR radio to meet with Bill Wood. Interestingly, the receptionist was Cathy Blythe, and several years later, "Cathy and I were Bill Wood; as it turned out," he laughs. Following the conversation with Wood, Young headed to the Brown Institute in the Minneapolis/St. Paul area to study radio.

"I ran out of money, came back to town and worked at three different stations. I worked at a radio station, a gas station, and a cable TV station," he recounted with a smile. "But none of them were full-time jobs, so I got a radio job in Laramie, Wyo., probably the best radio job I ever had."

From Wyoming, Young worked at radio stations in Omaha, Casa Grande, Ariz., and finally returned to Lincoln with his wife, JoAnne and three children. He began working at KFOR in November 1981 as the midday announcer.

"I thought it would be for a couple of years," he remembered.

The following summer, Young began his on-air career at KFOR with Blythe and remained there for the next 20 years until August 2001.

"I started at the Food Bank on the day before 9/11," he recalled. "We have

this national crisis and I was really concerned because there was such an upheaval, psychologically, about business and charity and all those things. But the Food Bank pushed right through that."

Young replaced Wende Baker, whom he credited as the mother of the Food Bank of Lincoln. Baker had served at the Food Bank for 17 years.

"We are still drinking water from wells that Wende and those first folks dug," Young said, giving credit to those who founded the organization.

"I've never considered this an encore career — it was a career change. I was 51 when I started at the Food Bank.

"The triggering event that brought me here was I got my college degree.

I went back to Nebraska Wesleyan at the age of 46. I'd hoped to get my degree by the time I was 50 and I had two days left in my 50th year when I got my diploma in the mail and a letter from the Food Bank Board of Directors saying I was a finalist for this job."

He applied for the position in May 2001. Following a rigorous selection process throughout the summer, Young was hired as executive director for the Food Bank of Lincoln. He was second choice for the position, which was fine with him.

"They couldn't get together with their first choice who was a food banker from another state and who knew infinitely more about it than I did. That was the right choice to try but it didn't work out so they ended up with me. I think most folks would agree it's turned out for everybody involved. I'd like to think so. It's certainly turned out in spades for me. I was thrilled. I couldn't have predicted a better next career.

"One of the key moments in my life and career was returning to college. It was a good idea. My wife, JoAnne, had been after me pretty good to go back but I was discounting it. Radio is, in general, a younger person's game and for years,



*Scott Young, executive director of the Food Bank of Lincoln, shows a graph demonstrating the tremendous growth in Food Bank meal distribution since its beginning. Photo by Zoe Olson.*

thought I needed to get out of it by the time I was 35, but I didn't. I had a good job, a good career and a good situation in Lincoln, but I always had that feeling I wanted to get out before I got shoved out.

"I loved radio the day I started and I loved it the day I left. A lot of people have to leave under different circumstances in broadcasting."

The Food Bank has grown a lot since Young arrived in 2001.

"We were distributing about 2 million pounds of food when I arrived, and in 2013 we should rub right up against or surpass 10 million pounds," he said.

Young attributed the growth to great community support, a passionate staff and involved volunteers.

"In 2001, we were a fairly passive organization — we had food here and if you were a community agency, you could come here and pick up food," he said. "By 2006, we became more and more aggressive about our mobile pantry efforts and that opened up our distribution system where we

could access more from the Feeding America network.

"In late 2005 I said to the staff, 'Let's get a semi-truckload of potatoes off our network system and see if we can get it distributed.' There was a lot of doubt if we could do that because it was perishable product. We received 20 pallets and only had to throw away one pallet of potatoes. That changed everything at this food bank."

Today 34 percent of the food distributed by the Food Bank is perishable product — fresh fruits and vegetables, meat and dairy. Prior to the change, less than 1 percent of the food distributed at the Food Bank was perishable.

The Food Bank of Lincoln serves 60 nonprofit agencies in 16 counties as well as distributing food via mobile pantries working in partnership primarily with the Center for People in Need, Catholic Social Services and Jacob's Well in Lincoln's Near-South neighborhood. The mobile pantry effort was another transformative event for the Food Bank.

"The mobile pantry piece has become much more proactive in bringing food to the neighborhoods," Young said. "That makes a huge

**The Mission of the  
Food Bank of Lincoln  
is to alleviate hunger  
in southeast Nebraska.**



difference and it makes sense. It lessens the storage capacity — freezer and cooler — necessary if you can turn the product over faster. We turn our inventory over about 14 times a year. We're good at that. We used to be much slower. We're much faster now and getting better but we could still be quicker.

"Another program that has transformed our organization is the Backpack Program which began in the 2004-2005 school year with 50 kids at Clinton Elementary School. At that time, if someone would have said, 'How big can this get?' I would have answered that if we could get to 1,000 kids that would be a lot, and it would have been right."

Today, the Backpack Program serves more than 3,600 families each week and has spawned three high school food markets and the Lincoln Public Schools emergency pantry. The Backpack Program raised both the profile of the issue of hunger and the Food Bank.

"It's not really measurable how much it's done to raise the issue of hunger," Young said. "The Backpack Program has become the face of the Food Bank and it accounts for about 10 percent of what we distribute. Not everything we do, but mostly everything we do benefits families and kids."

In 2013, the focus is on providing more nutritious foods in food banking to combat obesity in all areas. Low-income people in particular as well as seniors are particularly affected

*Continued on page 22*



*Continued from page 21*

by what foods they have access to or don't have access to — mainly fresh foods — and that's where the focus needs to be, according to Young. However, hard decisions have to be made every day.

"There's a nutritional spectrum in food banking," he said. "It's a big issue. Some food banks won't accept any high-sugar products. We're not there, I don't know if we'll ever get there. I think we're in the middle of the spectrum and that's where our staff, the board and I are comfortable being."

On the nutritional spectrum, the Food Bank strives to strike a balance in its fight to end hunger.

"Because if a senior can only get a can of pop and hot dog or nothing, we're going to opt for that hot dog and a can of pop," he said.

With regard to senior hunger, the Food Bank has a partnership with the Indian Center that distributes commodities to 1,000 to 1,200 seniors each month. As a federal program, it is always at risk due to budget cuts, Young acknowledged.

The mobile pantry also serves many seniors. Young estimated 20 percent of the clients served by the Food Bank are seniors and the dynamic of receiving food from the

Food Bank can be challenging in smaller communities.

"In Lincoln, you can have a measure of anonymity," Young said. "In a rural community you are probably going to be handed a sack of food by someone you know and that's vulnerability at the highest degree. It speaks to the severity of the problem. People go to a local church pantry knowing they will be asking for help from someone they know and unfortunately, living in poverty is often seen as shameful thing — and it shouldn't be."

Young knows Food Bank volunteers may have a preconceived notion that hunger is not a big problem in a rural community and are shocked to see people they know needing help. The Food Bank constantly strives to educate volunteers to not make judgments about who receives food in order to remove any stigma that would prevent food going to those who most need it.

"Compassion is a value at the Food Bank," he said. "We don't ever want to judge anybody about how they live or the choices they've made. We aren't in the business of deciding who gets what they deserve. We strive to be non-judgmental because frankly, none of us deserve what we get. And that serves us well, I think."

The Food Bank has a core group of seniors who, according to Young, treat their volunteer service like a job.

"They have high expectations about how things should be done and aren't bashful about letting us know," Young said with a laugh. "We appreciate them and love them. It enriches us by having them here and providing them the opportunity to 'do unto others' in a social environment."

Young sees this group of senior volunteers as a key to the Food Bank culture. Seniors provide physical labor by sorting food in the warehouse and

some perform clerical work in the office.

"Every successful senior I know is busy," he said.

Young notices senior volunteers providing invaluable services throughout the city in numerous agencies and making a huge difference in the lives of many people. He is a self-described proponent of volunteering, no matter what a person's age might be.

"For example, our warehouse volunteers enjoy the physical activity, recognize they need the activity and truly enjoy the social aspect of working with staff and younger volunteers," he said. "It's a win-win situation. There's nothing that happens here that's one way."

And is there a possible third career in Young's future? He expects there may be but has no idea what it may be.

"I found career changing to be thrilling, and I was very lucky about that," he said. "I've talked to dozens of people who found it was overwhelming but I didn't find it that challenging — it's just part of my makeup. Going back to school was daunting but I knew I could do it."

"This job has been challenging since I had no background in this work, but key staff people made this work for me and I am grateful. Nancy Evans who was the assistant executive director had been here probably a decade before I got here. Nancy saved my bacon because she knew what was going on in the building and I had to learn it."

Young said the feedback he received from the board of directors was invaluable. While the board recognized he didn't have the background, they expressed confidence that he could learn and figure it out. As the Food Bank has evolved, Young admits that as a





group, “We are not big planners but have a bias to action and that can drive some people completely insane.”

Some food banks are great at planning and Young knows this staff can plan when needed — but more importantly, always strives to get things done.

“We’re action-oriented,” he said with a laugh. “There is a sense of urgency about feeding people and that will carry the day. The Food Bank will continue to adapt because there are many fragile food systems at work here. We’re not going to stop growing just because it’s daunting. The poverty and hunger issue is becoming increasingly complex and it is estimated by 2025 the senior hunger problem will grow by 50 percent. Many seniors are struggling at low-paying jobs


— working desperately hard — not because they want to, but because they have to.

“There will be increasing problems of access, transportation, nutrition and social issues. It is daunting, to say the least.”

Young is confident the staff at the Food Bank is equal to the task.

“If I have a next career, it will require a lot of learning and much personal evolution,” he said. “There is a succession plan in place here, but there are no dates in place and I’m not looking for a change anytime soon.”

Young expects he’ll work long past the typical retirement age.

“I refuse to resist change and believe it’s just part of living well. I’m trying to be purposeful in all that I do.” 

## On the Cover

Scott Young at the Food Bank of Lincoln participates in Aging Partners

“I believe older Nebraskans...”

campaign by completing the sentence that all older Nebraskans should have enough to eat.

You can participate and tell us what you believe about older Nebraskans by downloading the campaign slogan page from Aging Partners Facebook page, [www.facebook.com/AgingPartners](http://www.facebook.com/AgingPartners), or website at [aging.lincoln.ne.gov](http://aging.lincoln.ne.gov). Photograph yourself with the completed slogan and then submit the photo to Zoe Olson via email at [zolson@lincoln.ne.gov](mailto:zolson@lincoln.ne.gov). If you have questions, you can call Olson at 402-441-6156.

Let us know what you believe about older Nebraskans!



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# Health Benefits of Meditation

When hearing the word “meditation,” many imagine a man, likely a monk or mystic, with a ponytail and wearing colorful fabrics, sitting in a pretzel-like position while chanting “Om” continuously for hours on end.

Contrary to what many believe, meditation often looks nothing like this.

Most people who practice meditation are not gurus; they are normal, everyday people. From company CEOs to blue collar workers, anyone can easily master the art of meditation.

Although some may choose to chant “Om,” most forms of meditation are vastly different from this method.

## What is Meditation?

Meditation is simply the act of quieting oneself and focusing all attention on something such as breathing, the senses, a positive thought, word or sound.

The mind processes an average of 70,000 thoughts a day, and most of them are negative or self-critical. Meditation counteracts this exhausting, negative process by limiting the stimuli your nervous system experiences while calming the mind.

According to local meditation instructor Rachel Miller — who will teach a meditation class for

Aging Partners this fall — the reason meditation has grown more popular in recent years is because scientific studies prove the practice enhances people’s physical and emotional well-being.

Research shows meditation creates the following emotional benefits:

- Building skills to manage stress
- Focusing on the present
- Reducing negative emotions and thoughts
- Gaining new perspectives on stressful situations
- Increasing happiness

Some of the physical benefits include:

- Growing stem cells
- Lowering blood pressure
- Improving memory
- Lowering risk for heart disease

Studies have shown meditation improves conditions such as fatigue, sleep problems, anxiety disorders, cancer, asthma, allergies, binge eating and substance abuse. Many doctors recommend meditation as a complementary medicine for their patients.

## History of Meditation

Records of meditation extend back to ancient times. Some experts speculate the practice may have been discovered by primitive hunter-gatherer societies while staring at the flickering fire.

Over time, meditation gained structure and became central to many eastern religions. Although the practice has roots in theology, it often is practiced today separate from religion.

Meditation ventured overseas to the West in the 1960s thanks to the Beatles, who were heavily influenced by Maharishi Mahesh Yogi, who developed transcendental meditation.

In this form of meditation, the meditator focuses on a mantra such as a word, phrase or sound, which is repeated silently to narrow conscious awareness and eliminate all thoughts from the mind.

## Meditation Forms

Although transcendental meditation is the most easily recognizable form of meditation, many other forms of meditation are practiced today.

Mindfulness meditation is a popular form of meditation where participants enter a relaxed state and focus on the moment, which includes everything from their breathing to their five senses. This form is a favorite of Miller’s.



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"I start every day with mindfulness," she said. "It's not like I go into a zombie state, I just put aside my thoughts and become quiet. Thoughts will continue to come — that's our mind's job. When they do, I just shelve them. This form of meditation trains yourself to be like a big boulder in a river. The flowing water is the flow of your thoughts; instead of resisting them, you let them pass around you."

Other popular forms of meditation include:

- Guided meditation: forming mental images of relaxing places or situations.
- Qi gong: a combination of meditation, relaxation, breathing exercise and physical movement to restore and maintain balance.
- Tai chi: a self-paced series of postures or movements performed in a slow, graceful manner while breathing deeply.
- Yoga: a combination of postures and controlled breathing that promotes a more flexible body and calm mind. The practice involves balance and concentration that removes one's focus from his or her busy day.

Many practice prayer, listening to calming music, reading and reflection, and writing in a journal. These are considered more untraditional forms of meditation.

### Tips for Beginners

Meditating can be practiced in any position as long as it's relaxing. Miller said a person can meditate sitting, standing, lying down or even while doing an activity such as ironing, walking or mowing the lawn.


"You can meditate however you want, but I find sitting up with a straight back is best," she said. "You have a sense of your own dignity when you sit up straight."

There is no right or wrong length of time one can meditate. However, Miller recommends beginners start small, meditating five to 10 minutes a day.

It's best to initially meditate with another person or in a large group. A leader can introduce a beginner to relaxing postures and help them learn how to create a relaxing environment. As they begin feel comfortable meditating on their own, beginners can purchase meditation CDs and DVDs. However, it's still best to remain connected to a group of fellow meditators, Miller said.

"Having that continued sense of community can motivate you," she said.

Remember, no one is perfect. There will be moments where it's hard to concentrate and stay focused. Miller encourages beginners not to be discouraged, but to stay motivated. The ultimate struggle with meditation may be making the daily decision to sit and drop into the peaceful place within and remain there for awhile. Developing discipline is the key.

"Sometimes people think they have to 'achieve' something like peace or joy," she said. "Connecting to the state of awareness of being is really the goal, but whatever one is experiencing is fine. It's in that space one begins to grow in creativity, in harmony with oneself and with others and in allowing life to be as it is at the moment." 

## Aging Partners Debuts Meditation Class

In Aging Partners' new class, "Introduction to Meditation," participants will explore the delicate art of quieting the mind, reconnecting to peace within and restoring balance in their daily lives through mindfulness meditation. Through four classes, attendees will learn the benefits of meditation and tools necessary to make meditation a simple part of their daily routine. Various techniques will be offered and practiced. The class is dogma-free. People with any or no meditation experience are welcome.

Rachel Miller, the class instructor, is a retreat leader and leads a weekly meditation group. She owns Soul Journeys and conducts sacred journeys to Montana each summer. She has been a teacher in Lincoln 35 years.

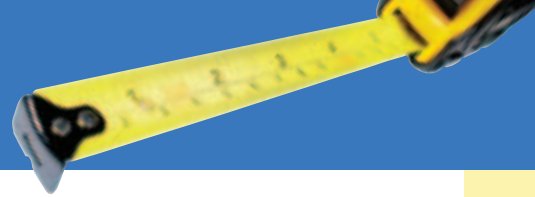
### "Introduction to Meditation"

When: Mondays 6:30-8 p.m.  
from Oct. 28-Nov. 18

Where: Southeast  
Community College  
Continuing Education  
Center, 301 S. 68th Place  
Cost: \$39

Register through SCC by  
calling 800-828-0072, ext.  
2712 or online at  
[www.bit.ly/17zR5vq](http://www.bit.ly/17zR5vq). Use  
"meditation" as the keyword.






## Don't Let Changing Seasons Catch You Off Guard!

By Carol Meyerhoff, Home Handyman Program coordinator

**O**ur homes are exposed to extreme temperature changes, weather and sun conditions throughout Nebraska's changing seasons. How they withstand these extremes largely depends on performing seasonal maintenance and repair tasks. Protect the value of your largest investment by paying close attention to small changes in your home's appearance and functionality.

Home Handyman offers a few focal areas to keep in mind this fall:

- Clean gutters and downspouts. Ice buildup from leaves, twigs and other debris can create ice jams. The weight can pull gutters away from your home or cause moisture to get under your shingles, causing roof damage.
- Make sure downspouts are securely attached, especially if wet weather is forecasted. Most calls Home Handyman receives regarding basement water damage occur because downspouts are missing or not attached properly.
- Complete yard cleanup projects. Packed-down leaves from snow and ice are a leading cause of winter kill of lawn and sensitive foliage. The heavy wet/icy layer cuts off the oxygen supply to the grass and can ruin large areas of your lawn.
- Seal and caulk open spaces and cracks that will drive your utility bills skyward. Things to check include the condition of weather stripping around entry doors and windows, the condition of door sweeps, the seal around water pipes, outside vents, cracks in your foundation and air leaks around electrical outlets. Caulk/seal any gaps or holes in the siding or exterior of your home and consider placing a plastic covering over non air-tight windows.
- Disconnect your outdoor lawn and garden hoses before the first freeze. This will help prevent water lines from freezing, bursting and creating devastating consequences.

If any of your home repair and maintenance tasks are beyond your physical abilities, personal inventory of tools and equipment or your expertise, call Home Handyman at 402-441-7030. 

An annual furnace inspection and service by a heating-plumbing professional is recommended to keep you and your home safe this winter. Carbon monoxide can be emitted into your home from a defective furnace, improper venting or a cracked heat exchanger. It's important to have a properly functioning carbon monoxide detector and have your furnace checked prior to firing it up for cold weather.

The 15th annual Heat's On Project, provided by the Steamfitters & Plumbers Local Union 464, is scheduled Oct. 19. This service is provided free of charge for seniors who cannot otherwise afford an annual furnace inspection and service. Limited number of spaces are available. If you have limited financial resources and are interested in a furnace check, call Mary Carol in the Home Handyman office immediately.

Participants will be selected on a first come, first serve basis and on financial need. You must be available and home Oct. 19 to participate.



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# Rural Transit Welcomes New Van

**L**ancaster County Public Rural Transit now connects more people to city resources thanks to the new 12-passenger van added to the fleet this summer.

The purchase was made possible with the help of the Lancaster County Board of Commissioners.

"I extend a thank you to the commissioners for providing us with yet another quality vehicle," said Carol Meyerhoff, Aging Partners program coordinator. "We appreciate their support of people who depend on public rural transit. It's a much needed service we provide, and the commissioners understand that."

Commissioner Deb Schorr said the van is a welcome addition to Lancaster County Public Rural Transit.

"This new upgraded van is another way we're constantly looking to upgrade our service to rural Lancaster County residents," she said.

Commissioner and Chair Larry Hudkins is happy to have helped a service that means so much to him, personally.

"Rural transit keeps older adults, like my mother, living in their homes for a longer time and connected with necessary community services," he said.

Eighty percent of the purchase was made with Federal Transportation

Association funds, and the remaining 20 percent was a local match. Local expenses for the 2013 van were covered through the sale of two retired fleet vehicles.

In addition to the new van, the service owns two buses, which were purchased in 2010 with the help of the board of commissioners. [Lw](#)



*The Lancaster County Board of Commissioners show off the new Lancaster County Rural Transit van. The commissioners, from left, include Larry Hudkins, Roma Amudson, Jane Raybould, Deb Schorr and Brent Smoyer.*



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# Snow Removal Keeps Older Adults Independent

**A** Nebraska snowfall may bring sentimental feelings to some, but to low-income, frail, older adults, it can bring an anxiety attack.

Unable to shovel the thick ice and snow themselves, they panic, knowing they can't pay for a snow removal contractor assigned to them by the city of Lincoln when they don't clear their sidewalks by 9 a.m. the day following a snowstorm, as the city ordinance mandates.

In an instant, their independence is threatened.

Enter Aging Partners' Snow Removal and Lincoln Public Works and Utilities Department's Snow Angels programs.

## Snow Removal Program

For many years, Aging Partners' Snow Removal Program has shoveled snow for hundreds of Lincoln's frail, older adults with medical and physical limitations who lack support from family, friends and neighbors. In 2012 alone, the program provided snow removal to 53 seniors. The majority of recipients are females age 80 and older.

The program creates safe access in and out of clients' homes for doctor appointments, procedures and treatments, social activities, grocery shopping, home health care and emergency services, and medical deliveries. Thanks to program handymen and women, older adults are able to remain in their home longer instead of moving to a tax-supported senior living facility or an assisted or nursing healthcare setting.

"Many of our clients have medical conditions and rely on home deliveries," said Carol Meyerhoff, Home Handyman Program coordinator. "Most of those companies require walkways to be cleared. Without our

help, these older adults would not have access to the medications, medical equipment and services they need to survive."

Not only does the program protect their safety, it gives them peace of mind.

## We Need Your Help

The Aging Partners Snow Removal Program is supported entirely by donations. However, every year, the need greatly outweighs funds. For an average winter, it costs approximately \$200 to protect one older adult with snow removal. If snowfalls are above average, costs rise and the number of those the program can help diminishes. With additional support from the community, the Snow Removal Program can serve more older adults this winter. Every cent of your donation goes directly to the snow removal.

Another way to support the Aging Partners Snow Removal Program is to sign up to provide snow removal services. Although the program is a branch of the Home Handyman Program, many of the handymen and women are not physically able to do snow removal. Others don't have the equipment or flexible schedule needed to help.

Those interested in becoming a snow removal provider must fill out a Home Handyman application that includes a criminal background check. Once approved, the handyman or woman can choose to assist only with snow removal or also help with other areas of need within Home Handyman. The applicant must have a snowblower, snow shovel, reliable vehicle and flexible availability. Providers receive a stipend for their work.

For more information about the Aging Partners Snow Removal

## Ways to Donate

Tax deductible designated "snow removal" donations are made easy through the following ways:

- A check written to:  
Seniors Foundation  
P.O. Box 81904  
Lincoln, NE 68501-1904  
Designate "Snow Removal" in the memo section.
- A credit card payment by calling the Seniors Foundation at 402-441-6179 with your donation information. You are given two options: Meldene or Sharon. Either can assist in processing the donation.  
Whatever method you choose, please be sure to designate "Snow Removal" with your donation.

Program, call Home Handyman at 402-441-7030.


## Snow Angels

After receiving many calls from local residents unable to remove snow from their driveway following a storm, Scott Opfer, Public Works and Utilities Department street and traffic operations manager, took action.

Last year, Opfer approached his pastor, requesting volunteers to help meet this need. Before long, other churches and individuals throughout the city pitched in to help. By winter's end, about 57 individuals and organizations volunteered, serving about 125 people per storm.

"The program had a successful first year," he said. "Hopefully, the program will continue to grow and sustain itself over the years."

The program is seeking additional "angels" to serve this winter. If interested in volunteering, visit the Snow Angel website at [www.lincoln.ne.gov/city/pworks/engine/traffic/snow/snow-angels.htm](http://www.lincoln.ne.gov/city/pworks/engine/traffic/snow/snow-angels.htm).

The program takes snow removal requests only when a need is already present. Call the street maintenance front office at 402-441-7701 to make your request. 



# In Remembrance of Lt. Col. Paul Adams

**L**t. Col. Paul Adams was on the cover of the January 2006 edition of Living Well. The former World War II Tuskegee fighter pilot died June 30 at age 92. He and his wife, Alda, lived in Lincoln and had been married 67 years.

Adams graduated from South Carolina State A&M College and taught school for a year before he began fighter pilot training in 1942 as a cadet. Breaking racial barriers in the military, the Tuskegee Airmen were sent into combat in Europe and North Africa. They flew successful missions over Sicily, the Mediterranean and North Africa. The 332nd Fighter Group received a Distinguished Unit Citation for their performance and heroism, paving the way for full integration of the U.S. military.

The Air Force transferred him to Lincoln in 1962. He retired a year later and began his teaching career at Lincoln High School in 1964, one of the first black teachers in the Lincoln Public Schools system. He retired from teaching in 1982. He and Alda came to Lincoln at a pivotal moment in the country's civil rights movement. He joined Leola Bullock and Lela Shanks, also on Living Well covers, in the efforts to bring equality to all people.

In 2007, Adams and other living Tuskegee Airmen received the Congressional Gold Medal. He was present for the inauguration of President Obama in 2009. That same year, Lincoln Public Schools named a new elementary school after him where he became a frequent and beloved visitor. **Lw**



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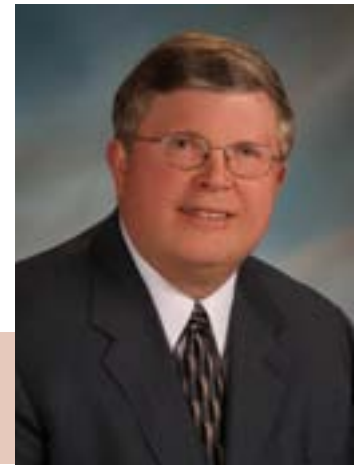
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# Hauntingly Fun Halloween Activities

**G**hosts and ghouls and goblins, oh my! There's never been a more fun-filled, frightening way to spend a Halloween than at the Downtown Senior Center's annual Halloween lunch.

When guests arrive Oct. 31, they will be greeted with spooky lights, fog machines, scary music and more fun Halloween decorations.

This year's delicious menu includes, BBQ Warthog Riblets; Scalped Potatoes; Slivered Scream Beans; Surprise Spooktacular Dessert; bread and margarine; and coffee and milk.

Come dressed in a festive costume if you dare! Prizes will be awarded to the best dressed.

Ted Pool — local paranormal investigator, founder of Crossroads Para-Investigations and official storyteller for

## About the Presenter

Ted Pool's fascination with the paranormal began during childhood. He got hooked on the subject after watching a "That's Incredible" episode featuring a Southern California Toys 'R' Us that reported a ghost haunting. As he watched the investigators use high-speed photography to capture items flying off shelves without assistance, he knew he wanted to do the same.

At age 9, he began debunking the unexplainable, beginning with a mysterious breathing sound in his room that turned out to be the wind blowing his curtains across his dresser.

In 2009, Pool and his wife, Holly, formed a group of local investigators called Crossroads Para-Investigations that would research and document paranormal activity. He and the team regularly perform investigations locally in Nebraska and across the country.

He has been a special guest on Exploring Unexplained Phenomena, hosted by Scott Colborn on KZUM 89.3FM and 10/11 News during the Halloween season. He co-hosted a paranormal podcast with veteran radio personality Tim Sheridan called "Paranormal Blvd." In 2011, he assumed storytelling duties for Lincoln's annual Ghosts of Lincoln Bus Tour.

For more information about Pool and Crossroads Para-Investigations, visit their website at [www.cpinebraska.com](http://www.cpinebraska.com).



*Ted Pool, local paranormal investigator, founder of Crossroads Para-Investigations and official storyteller for the annual Ghosts of Lincoln Bus Tour*

Lincoln's annual Ghosts of Lincoln Bus Tour — will give a spooky presentation during this year's Halloween lunch.

During the presentation, attendees will hear ghost stories about some of Lincoln's famous landmarks.

Pool will bring many tools he uses during his investigations and explain how they work. One of these tools, for example, is an electromagnetic field device, that identifies ambient, floating electromagnetic fields believed to be spirits.

The presentation will dispel many common myths about ghosts. He said one of the most common myths is that ghosts are aggressive, dangerous and desire to kill humans.

"Ninety-five percent of the time, that's not the case," Pool said. "When we see paranormal activities, it's usually nothing more than a sound; it can't hurt anyone. We believe the human energy left behind by spirits does not have the ability to harm or hurt anyone."

Program and costume contest will begin at 10:30 a.m. with lunch served at 11:30 a.m. The suggested meal contribution for those 60 and older is \$4. The meal is \$8 for anyone under age 60. To make a reservation, call 402-441-7158 no later than noon, Oct. 29. For more information on the Downtown Senior Center's Halloween lunch, call Aging Partners at 402-441-7158. **Lw**

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# Holiday Meals=Feasts and Fun

Come join the 11 Lancaster County senior centers this holiday season and enjoy a festive Thanksgiving and winter holiday meal.

These delicious seasonal dishes, handcrafted by LaDonna Francisco, Aging Partners lead cook, are served at local senior centers every year and attract up to 800 older adults.

The 2013 celebration plans to be better than years past, so don't miss it.

Our Thanksgiving meal menu includes: turkey and dressing; mashed potatoes/gravy; green beans with almond slivers; cranberry surprise salad; roll and margarine; pumpkin pie with creamy topping; and 1 percent or fat-free milk.

The meal will be served the following days:

Nov. 18: Firth Center

Nov. 19: Belmont and Northeast centers

Nov. 20: Hickman and Lake Street centers

Nov. 21: Bennet, Downtown and Asian centers

Nov. 22: Waverly and Joann Maxey centers

The 2013 winter holiday menu includes:

chicken cordon bleu with sauce, twice-baked potato, california vegetable casserole, roll and margarine, berry pie with ice cream and 1 percent or fat-free milk.

The meal will be served the following days:

Dec. 16: Firth Center

Dec. 17: Belmont and Northeast centers

Dec. 18: Hickman and Lake Street centers

Dec. 19: Bennet, Downtown and Asian centers


Dec. 20: Waverly and Joann Maxey centers

Meals are served at noon each day. The suggested contribution for eligible participants is \$6. The fee for non-eligible participants is \$9.

While eating, attendees at the Downtown Senior Center will be entertained by live holiday music. Local flute/piano duo The Noteworthy Ensemble, featuring flutist Genevieve Randall and pianist Julie Felzien, will perform for the Nov. 21 Thanksgiving meal. Renowned local harpist Heidi Beran will serenade guests with holiday tunes Dec. 19 during the winter holiday meal.

Special events such as these holiday lunches are another great opportunity for older adults to check out their local senior center for the first time.

"We'll have a great feast and lots of fun," said Denise Boyd, Areawide Programs & Nutrition division administrator and Aging Partners registered dietitian. "This is the perfect opportunity to come try out a local senior center."

If you plan to attend a holiday meal, contact your senior center at least two days prior to make a reservation. 

## Volunteers, Donations Needed

Around the holiday season, extra volunteers are needed to help decorate senior centers, clean up after lunches and perform other tasks. If interested in volunteering, contact your local senior center and speak with the manager.

Another great way to support your local senior center during the holiday season is to donate. Without your support, the centers could not continue to offer meals, educational programming and more for local seniors.

To donate, contact your local senior center or call Aging Partners for senior center locations at 402-441-7158.





# Heat Your Home Safely This Fall

**C**andles, heaters and fires in the fireplace become the norm as fall temperatures continue to drop. Although these are typically safe ways to stay warm, they occasionally can quickly turn deadly without warning.

This season, consider the importance of smoke and carbon monoxide detectors, as well as proper space heater use.

## Smoke Detectors

It takes less than 30 seconds for a small household flame to spiral into a major house fire. Within two minutes, thick, black smoke can engulf the entire house. Not only can the smoke kill — so can the 600-degree flames.

The National Fire Protection Association reported that having a working smoke alarm reduces the chance of fire-related death by 50 percent. About 4 percent of U.S. homes do not have a smoke alarm.

In house fires, every second counts, which is why smoke detectors are essential for everyone's home — especially for seniors, said Battalion Chief Derald Murrell of Lincoln Fire & Rescue.

"Some don't think fire safety is a serious issue, but they need to realize the importance of smoke detectors and how they can save their life," he said.

Smoke detectors are inexpensive and can be purchased from many retail outlets. Select one that has been approved by Underwriters Laboratories (UL) or another testing agency. If you are deaf or hard of hearing and afraid you won't hear the high-pitched alarm, consider purchasing a special alarm that uses strobe lights or vibration.

Once you've purchased your smoke detectors, Murrell recommends placing at least one on each floor, especially in the hallway outside the sleeping area. If possible, place one in the basement. Because smoke rises, smoke detectors should be mounted high on walls or ceilings. Avoid installing them near windows, doors or ducts where a draft could interfere with its effective operation.

Alarms should be interconnected by a qualified electrician so that all sound if one detects smoke.

Although installing smoke alarms is important, they will provide no protection without being properly maintained. To ensure your smoke alarm is in working order, Murrell recommends everyone:

- Test it once a month by pushing the "test" button.
- Replace batteries in all smoke alarms at least once a year. If you use a 10-year battery, change it as needed — which may be before the 10-year mark.
- When cleaning the house, use the vacuum wand to suck the dust and cobwebs away from the smoke detector.

The entire detector should be changed at least once every 10 years, Murrell said. If you've recently had a fire in your house, replace it.

"The smoke detector might be dirty enough to where it can't detect smoke again in an expedient manner," he said.

If cooking fumes or steam activates your alarm, do not remove the battery from it. Press the "pause" or "hush" button on your detector. If false alarms occur frequently, consider moving the detector further away from the problem area.

Lincoln Fire & Rescue offers free smoke detectors for Lincoln older adults who cannot afford one. They even will install it and change the battery as needed. If interested, call Lincoln Fire & Rescue at 402-441-7363 to schedule an installation.

## Carbon Monoxide Detectors

Known as the silent killer, carbon monoxide cannot be heard, seen or smelled, but it can be stopped.

The gas is produced when fuels such as natural gas and coal burn incompletely. Heating and cooking equipment often are the sources of CO. It poisons people in large amounts during a short duration or in small amounts over a longer period of time.

CO poisoning symptoms often are confused with flu symptoms or food poisoning, as they include dizziness, shortness of breath and nausea.

Lincoln Fire & Rescue reported more than 1,500 people in the U.S. die every year from accidental CO exposure. According to the Centers for Disease Control and Prevention, Nebraska had the highest reliable CO mortality rate from 1999 to 2004. In recent years, Lincoln Fire & Rescue has responded to about two to three CO emergencies a month, Murrell said.

The best way older adults can protect themselves from CO poisoning is to install CO detectors



in their homes. Smoke detectors will not detect CO, so it's important to own both smoke and CO detectors, Murrell said.

"There are combination detectors out there, but I'm not very familiar with them," he said. "I'd prefer people purchase separate detectors for smoke and carbon monoxide. I think it's better coverage, and you don't have the possibility of it detecting one and not the other."

Purchase a CO detector with the UL mark and adjacent phrase "single station carbon monoxide alarm."

Install them correctly using the instruction manual. The National Fire Protection Association recommends placing one outside each sleeping area and on every level of the home. Be sure to interconnect CO alarms for the best protection.

Like smoke detectors, CO detectors should be tested at least once a month.

If the audible trouble signal sounds, check for low batteries and replace them if necessary. If the sound continues, leave your house immediately and call the local fire department from a neighbor's phone. Never ignore the CO alarm even if you don't feel symptoms.

In addition to installing CO detectors, people can prevent CO poisoning by:

- Having a qualified technician clean and inspect the heating system and chimney every year.
- Never leaving a car or mower running in a garage, even if the garage door is open.
- Avoid using ovens and gas ranges to heat a home.
- Ensuring dryer, furnace, stove and fireplace vents are clear of snow buildup during and after snowstorms.


### Space Heater Safety

In 2010, heating equipment such as space heaters were a factor in about 57,100 reported U.S. home structure fires, according to the National Fire Protection Association. Space heaters accounted for about 32 percent of home heating fires and 80 percent of home heating deaths during the same year.

Murrell said Lincoln Fire & Rescue responds to several space heater fires every year. He said these fires easily can be prevented if people remember to:

- Keep the heater away from combustible surfaces, including curtains, blankets and furniture.
- Use heaters with an automatic shutoff function, so, if they tip over, they will automatically shut off.
- Shut off heaters when leaving the room or going to sleep.

- Never plug a heater into an extension cord.
  - Don't place a heater in a walkway where you could trip over it or the cord.
  - Never use a heater to heat an entire room or house.
- "People think space heaters are unsafe, but they're not any more dangerous than candles or a fireplace; it's all about misuse," Murrell said.

When considering which heater to purchase, Lincoln Fire & Rescue advises choosing an electric heater instead of a propane or gas heater that can potentially fill a house with carbon monoxide. 



### *The* **LEXINGTON** *Assisted Living Center*

- |   |                               |
|---|-------------------------------|
| • 1 & 2 bedroom apartments                | • Transportation available    |
| • Price inclusive                         | • In-house physician services |
| • 3 meals daily                           | • Full activity program       |
| • Medication assistance                   | • Spacious common areas       |
| • Bathing/dressing assistance             | • Wellness center             |
| • Weekly housekeeping/<br>laundry service | • Beauty/barber shop on site  |



5550 Pioneers Blvd. • Lincoln, NE  
402-486-4400 • [www.thelexington.com](http://www.thelexington.com)



## AGING PARTNERS

Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. 1005 O St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938  
aging.lincoln.ne.gov

Key for Services: ▲ = Lancaster only

## MISSION

Aging Partners plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

## Being Well

### NUTRITION

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers. 402-441-7159
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers. 402-441-7159

### HEALTH & FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687

- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7070
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5 and 10 Health, Channel 10. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938.

## Living at Home

### INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services**
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Home-bound older adults receive companionship.
- **Harvest Project** - Mental health and substance abuse services for older adults.

- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting, and broken light fixtures and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

### LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

## Planning Ahead

### FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.
- **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid programs.

### SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit [www.seniorsfoundation.org](http://www.seniorsfoundation.org).



## Staying Involved

### VOLUNTEER!

- **Foster Grandparent Program**  
▲ 402-441-7026
- **Long-Term Care Ombudsman**  
402-441-7070

### SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Six centers in Lincoln and five in Lancaster County.  
▲ 402-441-7158

## Other Services

### INFORMATION AND REFERRAL

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.  
Call 402-441-7070 or 800-247-0938.

### TRANSPORTATION

- **Ride within Lincoln to the Centers**  
▲ 402-441-7158
- **Lancaster County Public Rural Transit** - Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.  
▲ 402-441-7031
- **Other options in the community** -  
Listings available at 402-441-7070

### LIVING WELL MAGAZINE

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call Zoe Olson at 402-441-6156 or email [zolson@lincoln.ne.gov](mailto:zolson@lincoln.ne.gov). To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov).

### LIVE & LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at [lincoln.ne.gov](http://lincoln.ne.gov). View on CITY-TV Channel 5 or online at: [lincoln.ne.gov/city/mayor/cic/5citytv](http://lincoln.ne.gov/city/mayor/cic/5citytv).

- Mondays, Wednesdays, Fridays and Saturdays at 11:30 a.m.
- Tuesdays & Thursdays at 11 a.m. & 8 p.m.
- Fridays at 7 p.m.
- Sundays at 9 p.m.

These are the minimum airing times. Show also airs at various other times and on Live & Learn's YouTube channel at [www.youtube.com/user/aginglivelearn?feature=mhee](http://www.youtube.com/user/aginglivelearn?feature=mhee).

### MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**  
Linda Vandenberg, 402-367-6131
- **Fillmore County Senior Services**  
Brenda Motis, 402-759-4922
- **Polk County Senior Services**  
Jan Noyd, 402-764-8227
- **Saline County Aging Services**  
Amy Hansen, 402-821-3330

- **Seward County Aging Services**  
Kathy Ruzicka, 402-761-3593
- **York County Aging Services**  
Lori Byers, 402-362-7626

### CARE MANAGEMENT

**All Counties: 800-247-0938**

**Care Management Coordinator**  
**Joyce Kubicek**

- **Butler County**  
Becky Romshek, 402-367-4537
- **Fillmore County**  
Rhonda Stokebrand, 402-759-4922
- **Polk County**  
Amy Theis, 402-747-5731
- **Saline County**  
Trudy Kubicek, 402-826-2463
- **Saunders County**  
Mary Dailey, 800-247-0938
- **Seward County: 800-247-0938**
- **York County, Jerri Merklinger**  
402-362-7626

### SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

- 402-441-7070 or 800-247-0938

**402-441-7070**

In Nebraska **800-247-0938**  
**[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)**



# Aging Partners News and Events

## Start Electronically Receiving Your Copy of *Living Well* Magazine Today!

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Feel free to print the whole magazine or just the pages that interest you. Call Deb Elrod at 402-441-6146 or email her at [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov) to sign up.



## Health and Wellness

### Aging Partners Health & Fitness Center

Monday through Friday  
8 a.m. to 4 p.m.  
233 S. 10th St., Suite 101  
402-441-7575

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m., or by appointment. \$10 monthly suggested contribution for 60+. \$15 fee for under age 60.

### Senior Health Promotion Center

1005 O St., lower level

Free services available to people 60 years and older include comprehensive foot care, ear care, blood pressure, glucose, cholesterol and bone density screenings, and health education. The clinic is open on the lower level of the Downtown Senior Center most Wednesdays and Thursdays. \$15 suggested contribution for foot care. Please call 402-441-7575 for the September schedule.

- Wednesdays, 10:30 a.m. to 1:30 p.m.  
Oct. 2, 9, 16, 23 and 30  
Nov. 6, 13 and 20
- Thursdays, 9:30 a.m. to 1:30 p.m.  
Oct. 3, 10, 17, 24 and 31  
Nov. 7, 14 and 21

### STEADI – (Stopping Elderly Accidents, Deaths and Injuries) The 4 Stage Balance Test

Falls are the main reason why older people lose their independence. Find out if you are at risk by taking this quick, fun, easy and free test designed to assess static balance.

Aging Partners staff and University of Nebraska Medical Center College of Nursing students will conduct the STEADI balance test as follows:

- Thurs., Oct. 31, 9:30 a.m. to noon  
Senior Health Promotion Center  
1005 O St., lower level
- Thurs., Nov. 7, 9:30 a.m. to noon.  
Health & Fitness Center  
233 S. 10th St., Suite 101

### Stepping On – Building Confidence and Reducing Falls

Funding from the Community Health Endowment of Lincoln enables us to offer classes at no cost.

Stepping On is a community-based fall-prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Classes meet for two hours one time per week for seven weeks. Participants learn the most up-to-date information about falls prevention. Workshop topics include simple and fun balance and strength exercises, and the roles vision, medication, safe walking outside and footwear play in fall prevention. Please call 402-441-7575 to register.

- Wednesdays, 1 to 3 p.m.  
Oct. 2-Nov. 13

Saint Elizabeth Regional Medical Center  
6900 L St., Lincoln  
• Thursdays, 9:30 to 11:30 a.m.  
Oct. 17-Dec. 5 (no class Nov. 28)  
Eastmont Towers  
6315 O St., Lincoln

### Living Well – Take Charge of Your Health

This series provides valuable tools that enable participants to live healthier lives. All will receive an easy-to-follow book that outlines day-to-day management techniques and positive approaches to difficult changes and a relaxation CD. Caregivers of persons with chronic illnesses can benefit from this course. \$22 suggested contribution for 60+. \$22 fee for under age 60. Call 402-441-7575 to register.

- Mondays, 5:30 to 7:30 p.m.  
Oct. 7-Nov. 18  
Care Consultants for the Aging  
1560 S. 70th St., Suite 202, Lincoln

### Chair Yoga

This gentle class focuses on complete joint and muscle movement. Stretching and breathing poses are done from a chair. Standing and balance poses use chairs for support and balance. This class is suitable for beginners and experienced students wishing to reinforce the basics.

- Wednesdays, 10 to 10:45 a.m.  
(ongoing)  
233 S. 10th St., Suite 101

### Contemporary Yoga

Yoga is for everybody. This renewing practice uses body postures, breath and relaxation to bring about a sound and healthy body. Movements consist of a variety of positions and poses that have strengthening and restorative benefits.



- Wednesdays, 1 to 2 p.m.  
Oct. 23-Dec. 18 (no class Nov. 27)
- Fridays, 11 a.m. to Noon  
Oct. 25-Dec. 20 (no class Nov. 29)  
Auld Recreation Center  
3140 Sumner St.

### Yang Style Tai Chi

Practiced for centuries in China, Tai Chi has been shown to reduce stress, enhance core strength and balance, and stimulate mental clarity. Participants will practice slow and gentle movements while learning to incorporate healthy breathing techniques.

- Eight-week session, Mondays  
10 to 10:45 a.m.  
Oct. 21-Dec. 16 (no class Nov. 11)  
233 S. 10th St., Suite 101
- Eight-week session, Wednesdays  
6 to 7 p.m.  
Oct. 23-Dec. 18 (No class Nov. 27)  
Auld Recreation Center  
3140 Sumner St.
- Eight-week session, Fridays  
9-10 a.m.  
Oct. 25-Dec. 20 (No class Nov. 29)  
Auld Recreation Center  
3140 Sumner St.

\*Suggested contribution for Yoga and Tai Chi “drop-ins” at the 233 S. 10th St. Fitness Center is \$3 for people 60+ and a \$4 fee per class for those under age 60. Please call 402-441-7575 to register for yoga and Tai Chi classes.

### Introduction to Meditation

The experience of meditation can take us beyond the usual mental stress and emotional agitation to a calm, centered place. We will explore the delicate art of quieting the mind. Come learn to reconnect to peace within and restore balance in your daily life through mindfulness meditation. In the four classes offered

in this fall session we will focus on the breath, body, emotions and mind.

Each session will consist of instruction and then actual practice. Participants will learn the tools necessary to make meditation a simple part of their daily routine. Various techniques will be offered and practiced. Please bring socks as we will remove our shoes for the class.

Rachel Miller is a retreat leader and leads a weekly meditation group. She is the owner of Soul Journeys and conducts sacred journeys to Montana each summer. She has been a schoolteacher in Lincoln 35 years.

- Mondays, 6:30 to 8 p.m.  
Oct. 28-Nov. 18  
\$39 for the four-week series  
Southeast Community College  
Continuing Education Center  
301 S. 68th St., Place, Lincoln  
Register through SCC by calling  
800-828-0072, ext. 2712 or online  
at [www.bit.ly/17zR5vq](http://www.bit.ly/17zR5vq). Use  
“meditation” as the keyword.

## Educational

### Day Trip Tour

Enjoy the autumn beauty of one of Omaha’s most well-known destinations. The gardens are seasonally replanted three times a year, so fall is a beautiful new look for everyone. We begin the trip with a one-hour narrated tram tour of the garden’s 100-acre site. Afterward, you can stroll the gardens on your own, explore the center itself, browse in the gift shop, or visit the café for a refreshing drink. Next we stop for lunch (on your own) at Omaha’s Old Country Buffet.

Call 402-441-7158 to reserve your seat. Cost: \$45

- **“Lauritzen Gardens in Bloom”**  
Omaha, Nebraska  
Mon., Oct. 28  
Departure: Northeast Center,  
6300 Platte Ave., 8 a.m.  
Return: Approximately 2:30 p.m.

## November is National Native American Heritage Month

### “Tales on the Wind,” featuring Matthew “Sitting Bear” Jones and Native Flute Player Jerry Meyer

An evening of music and storytelling offering a glimpse into the lives, lifestyles and personal feelings of the Iowa/Otoe-Missouria Tribe, a proud and honorable people who once lived and hunted on the Nebraska prairie. Matthew Sitting Bear Jones has been involved in the revival of the rich oral tradition of storytelling for more than 20 years. He received a master’s degree from UNL in anthropology and adult education. He has served as a consultant on films, including “Dances with Wolves,” and is a member of the Iowa/Otoe-Missouria Tribe.

A resident of Beatrice, Neb., Jerry Meyer has been playing the Native American flute for over 20 years and has been building them nearly five years.

This program is provided with support from the Nebraska Humanities Council.

- Thurs., Nov. 14  
Cotner Center Condominiums  
1540 N. Cotner Blvd.  
Dinner: 5:30 p.m. Concert: 6:30 p.m.  
\$6 suggested contribution for 60+  
\$8 fee under 60  
\$4 suggested transportation contribution  
Reservations, call 402-441-7158.

*Continued on page 38*



# Aging Partners News and Events

Continued from page 37

## Centers

### Special Holiday Celebration Meals

Nov. 18-22 and Dec. 16-20

If you've never eaten a delicious meal at one of our Aging Partners Centers, the holidays are the best time to give us a try. Make us a special part of your holiday plans. Many centers will feature holiday entertainment. Make your reservations at your nearest center or call 402-441-7158 for center locations.

\$6 suggested contribution for 60+

\$9 fee under 60

- November holiday meal schedule:

Mon., Nov. 18, Firth and Mahoney Manor

Tues., Nov. 19, Belmont and Northeast

Wed., Nov. 20, Hickman, Lake and Burke Plaza

Thurs., Nov. 21, Bennet, Downtown and Asian

Fri., Nov. 22, Waverly and Maxey

Menu: Turkey, dressing, mashed potatoes, gravy, green beans with almond slivers, cranberry surprise salad, whole wheat roll and pumpkin pie with creamy topping

- December holiday meal schedule:

Mon., Dec. 16, Firth and Mahoney Manor

Tues., Dec. 17, Belmont and Northeast

Wed., Dec. 18, Hickman, Lake and Burke Plaza

Thurs., Dec. 19, Bennet, Downtown and Asian

Fri., Dec. 20, Waverly and Maxey

Menu: Chicken cordon bleu with sauce, twice-baked potato, California vegetable casserole, whole wheat roll, berry pie and ice cream

### Capitol City Christian Holiday Show "Holiday Lunch & A Show"

Sat., Dec. 14

Lunch: Northeast Center

6310 Platte Ave., 11:30 a.m.

Capitol City Christian matinee, 2 p.m.

\$4 suggested contribution 60+

\$8 fee under 60

\$4 transportation

Every year Todd Groves and Capitol City Christian produce a holiday musical that plays to hundreds of loyal fans. This year the show takes place on a cruise ship sailing the holiday seas. You won't want to miss it. Seating is limited. For reservations, call the Northeast Center at 402-441-7151.

## Welcome home.

St. Jane de Chantal treats you like family... because you are.



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2200 So. 52nd Street  
Lincoln, NE 68506

[www.madonnastjanedechantal.org](http://www.madonnastjanedechantal.org)



### “Free Open Jam Session!”

Fri., Nov. 15, 11 a.m. to 1 p.m.  
Veterans Hospital Auditorium  
600 S. 70th St., Lincoln

It's time for a little homemade jam! Aging Partners Senior Centers and the VA “Coffehaus” are joining forces to create some good times and good-time music. All you pickers and gridders are invited to join in the fun at this special musical event. Just bring your guitars, banjos, mandolins, ukuleles, basses, tambourines and washboards and join us for two hours of great fun. All ages welcome, and a special invitation to all you veterans out there. For details, call 402-441-7158.


### “Do You Know Nebraska’s Top Senior Scams?”

Financial scams targeting seniors have become so prevalent that they’re now considered “the crime of the 21st century.” Financial scams often go unreported or can be difficult to prosecute, so they’re considered a “low-risk” crime. However, they’re devastating to many older adults and can leave them in a vulnerable position with little time to recoup their losses. Join Ryan Sothan, Outreach Coordinator for the Nebraska State Attorney General’s office, for a close look at the most common scams and frauds that target older adults in the state of Nebraska. The best way to keep from being victimized is to become educated and aware. Join us at these centers for this important free presentation. While you’re at it, join us for lunch. Just give

the centers a call two days in advance for reservations.

- Wed., Oct. 16, 9:30 a.m., Northeast Center, 6310 Platte Ave., Lincoln 402-441-7151
- Wed., Oct. 23, 10 a.m., Lake Street Center, 2400 S. 11th St., Lincoln 402-441-7157
- Thurs., Oct. 24, 10:30 a.m. Downtown Center, 1005 O St., Lincoln 402-441-7154
- Fri., Oct. 25, noon, Waverly Center 14410 Folkstone St., Waverly 402-416-7693

### Winter Storm Closings

KFOR 1240 AM has been designated as the official radio station for news on closings and cancellations of the senior centers. If Lincoln Public Schools have closed, it is Aging Partners’ policy to close all centers. 

## LivingWell ♦♦♦

*Investing in today’s and  
tomorrow’s older adults*

### Suggested Contribution Levels:

\$12 \_\_\_ \$25 \_\_\_ \$50 \_\_\_ Other \_\_\_

### And receive,

- Four print issues of *Living Well*, including online editions.
- At your request, a note of acknowledgment will be sent to those receiving your gift in their honor or memory.

Please mail to: Living Well, 1005 O Street  
Lincoln, NE 68508-3628

“When you provide a check as payment, you authorize us either to use the information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution.”

A special invitation to the 57,200 and counting 60-plus adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward, and York counties in Nebraska.

Your contribution helps Aging Partners publish the area’s premiere resource for those 60 and older. Join us in supporting healthy, full and independent living.

\_\_\_ Check or money order payable to *Living Well* enclosed.  
*Sorry we don’t accept credit cards.*

Name: \_\_\_\_\_  
(Mr., Mrs., Miss., Ms.) *Please print*

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Phone: \_\_\_\_\_ Spouse’s name: \_\_\_\_\_

Date of birth: \_\_\_/\_\_\_/\_\_\_ Last 4 digits of SSN: \_\_\_\_\_

Spouse DOB: \_\_\_/\_\_\_/\_\_\_ Last 4 digits of SSN: \_\_\_\_\_

Email address required to receive *Living Well* online:  
\_\_\_\_\_

# *Your Next Chapter*

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*You can guess what will happen in the next chapter, but you will not know until you are there.*



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For more information or to schedule your personal tour, contact Betsy Sheets at 402.489.6591

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